

Breakfast Burritos with Salsa

Makes: 4 Servings

For a change at breakfast, try this breakfast burrito.

Ingredients

- 4 eggs (large)
- 1/8 cup low-sodium canned corn (drained, or 2 tablespoons frozen corn)
- 1 tablespoon 1% fat milk
- 1/8 cup green peppers (or about 2 tablespoons, diced)
- 1/4 cup onions (chopped)
- 1 teaspoon mustard
- 1/4 teaspoon garlic powder
- nonstick cooking spray
- 4 flour tortillas (large size)
- 1/4 cup salsa

Directions

1. In a large mixing bowl, blend eggs, corn, milk, green peppers, onions, mustard, and garlic for 1 minute with a fork until eggs are smooth.
2. Heat a skillet over medium heat. Coat with nonstick cooking spray.
3. Cook egg mixture, stirring from time to time, until eggs are firm and cooked through.
4. Wrap tortillas in a paper towel and microwave for 20 seconds until warm. Be careful when unwrapping the tortillas since they may be hot. Tortillas can also be placed in a skillet over low heat for 20-30 seconds

Nutrition Information	
Nutrients	Amount
Calories	260
Total Fat	9 g
Saturated Fat	2 g
Cholesterol	210 mg
Sodium	400 mg
Total Carbohydrate	33 g
Dietary Fiber	2 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	12 g
Vitamin D	N/A
Calcium	85 mg
Iron	3 mg
Potassium	N/A
N/A - data is not available	

or until warmed.

5. Spoon cooked eggs evenly into the tortillas.
6. Serve each burrito topped with 2 tablespoons of salsa.

Notes

A tip for using eggs for breakfast: roll scrambled eggs, cheese, and salsa in a tortilla for an easy on-the-go breakfast.

Source: Recipe adapted from SNAP-ED Connection Recipe Finder